



ORANGE REVOLUTION CYCLE

Short, challenging, and high intensity “orange” classes are meant to encourage participants to work at the upper ends of their comfort zone. In doing so, the goal is to boost metabolism and improve fitness.

**Every Tuesday evening in February
5:45 P.M. to 6:15 P.M.
Cycle Studio**

Join the RAC Cycling instructor team for a 30 minute class as it is a drop-in experience and there is no fee or sign up required.

